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REFERENCE 25

**Oregon Department of Health and Services, April 2009,
Fish Advisories: Consumption Guidelines, 4 pages.**

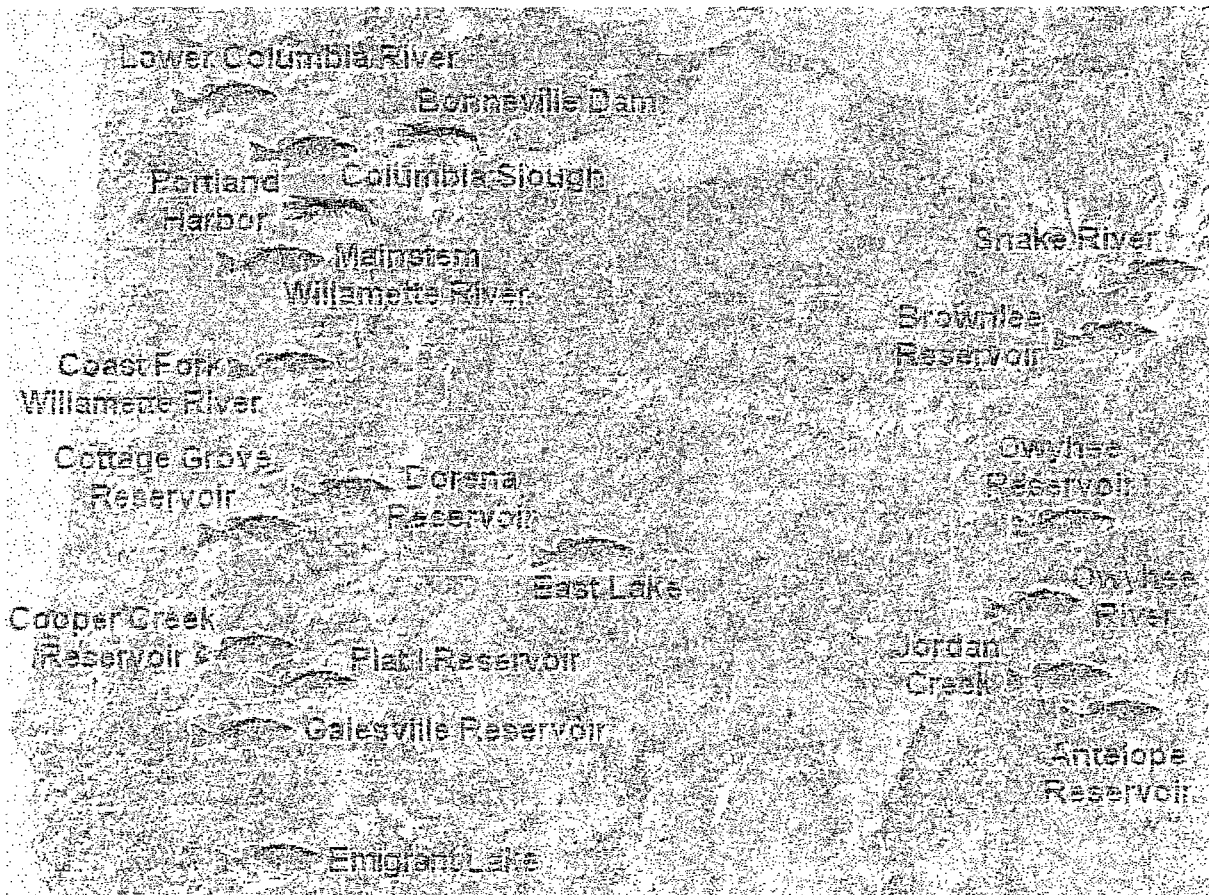


Fish Advisories: Consumption Guidelines

Fish are a nutritious, low-fat source of protein. However, fish in some Oregon waters have contaminants that may be harmful to you and your family's health.

- Browse the table of State-wide fish consumption guidelines on this page
- Download the complete guidelines (pdf) for printing.
- Browse DHS Health alerts and press releases
- **Crayfish and Clams**
 - Crayfish and clams harvested above (east of) **Bonneville Dam** to the mouth of Ruckel Creek **should not be eaten**.
 - Crayfish taken within 1000 feet of the property lines of the former **McCormick & Baxter site** located south of the Burlington Northern Railroad Bridge in Portland Harbor **should not be eaten**.

- Click on your fishing spot in the map below for consumption guidelines at that location:



For more information call Dr. Deanna Connors, Environmental Public Health Toxicologist, at 971-673-0444

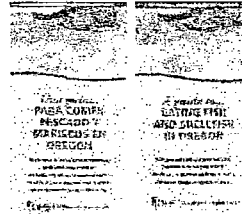
Fish Consumption Guidelines

- All persons should reduce or avoid eating fatty parts of fish.

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Educational Resources

- Fish cleaning diagram (jpg)
- An Expectant Mother's Guide to Eating Fish In Oregon (pdf) (1.8 Mb)
- Guía para la mujer embarazada sobre el consumo de pescado en Oregon (pdf) (1.6 Mb)



- Removing the skin and all fat, eggs and internal organs can reduce exposure.
 - See fish cleaning diagram.
- PCBs in Fish.

WATERBODY

CONTAMINANT & GUIDELINES

Antelope Reservoir
(SE Zone)

Very high mercury levels

- Women of childbearing age, children under 6, and people with liver and kidney damage should avoid eating fish from these waters.
- Healthy adults should eat no more than one 8-ounce meal per month.
- Sport-fishing & methylmercury.

Bonneville Dam

PCB Levels

- Crayfish and clams harvested above (east of) Bonneville Dam to the mouth of Ruckel Creek **should not be eaten**.

Columbia Slough
(Willamette Zone)

PCB Levels

- All persons should reduce or avoid eating fatty parts of fish.
- Removing the skin and all fat, eggs and internal organs can reduce exposure.
 - See fish cleaning diagram.
- PCBs in Fish.

Cooper Creek Reservoir
(Willamette Zone)

High mercury levels

- Children under 6 should eat no more than one 4-ounce meal every two months.
- Women of childbearing age should eat no more than one 8-ounce meal every month.
- Healthy adults should eat no more than one 8-ounce meal every two weeks.
- Sport-fishing & methylmercury.

Cottage Grove Reservoir
(Willamette Zone)

Very high mercury levels

- Women of childbearing age, children under 6, and people with liver and kidney damage should avoid eating fish from these waters.
- Healthy adults should eat no more than one 8-ounce meal per month.
- Sport-fishing & methylmercury.

Dorena Reservoir
(Willamette Zone)

High mercury levels

- Children under 6 should eat no more than one 4-ounce meal every two months.
- Women of childbearing age should eat no more than one 8-ounce meal every month.
- Healthy adults should eat no more than one 8-ounce meal every two weeks.
- Sport-fishing & methylmercury.

East Lake
(Central Zone)
Do not eat brown trout
16" or larger

High mercury levels

- Children under 6 should eat no more than one 4-ounce meal every two months.
- Women of childbearing age should eat no more than one 8-ounce meal every month.
- Healthy adults should eat no more than one 8-ounce meal every two weeks.
- Sport-fishing & methylmercury.

Emigrant Lake
(SW Zone)

Very high mercury levels

- Women of childbearing age, children under 6, and people with liver

and kidney damage should avoid eating fish from these waters.

- Healthy adults should eat no more than one 8-ounce meal per month.
- Sport-fishing & methylmercury.

Galesville Reservoir
(SW Zone)

High mercury levels

- Children under 6 should eat no more than one 4-ounce meal every two months.
- Women of childbearing age should eat no more than one 8-ounce meal every month.
- Healthy adults should eat no more than one 8-ounce meal every two weeks.
- Sport-fishing & methylmercury.

Jordan Creek
(SE Zone)

Very high mercury levels

- Women of childbearing age, children under 6, and people with liver and kidney damage should avoid eating fish from these waters.
- Healthy adults should eat no more than one 8-ounce meal per month.
- Sport-fishing & methylmercury.

Lower Columbia River
(Columbia River Zone)

PCB Levels

- All persons should reduce or avoid eating fatty parts of fish.
- Removing the skin and all fat, eggs and internal organs can reduce exposure.
 - See fish cleaning diagram.
- PCBs in Fish.

Owhyee Reservoir
(SE Zone)

Very high mercury levels

- Women of childbearing age, children under 6, and people with liver and kidney damage should avoid eating fish from these waters.
- Healthy adults should eat no more than one 8-ounce meal per month.
- Sport-fishing & methylmercury.

Owhyee River upstream of the reservoir to Three Forks
(SE Zone)

High mercury levels

- Children under 6 should eat no more than one 4-ounce meal every two months.
- Women of childbearing age should eat no more than one 8-ounce meal every month.
- Healthy adults should eat no more than one 8-ounce meal every two weeks.
- Sport-fishing & methylmercury.

Plat I Reservoir
(SW Zone)

Moderate mercury levels

- Children under 6 should eat no more than one 4-ounce meal every month.
- Women of childbearing age should eat no more than one 8-ounce meal every two weeks.
- Healthy adults should eat no more than one 8-ounce meal every week.
- Sport-fishing & methylmercury.

Portland Harbor

PCB levels

- Women of childbearing age, particularly pregnant or breastfeeding women, children and people with weak immune systems, thyroid or liver problems, should avoid eating resident fish from Portland Harbor, especially carp, bass and catfish.
- Healthy women beyond childbearing age and healthy adult males should restrict the amount of resident fish eaten from Portland Harbor to no more than one 8-ounce meal per month.

Wood-treating chemicals

- Crayfish taken within 1000 feet of the property lines of the former McCormick & Baxter site located south of the Burlington Northern Railroad Bridge in Portland Harbor **should not be eaten.**

Snake River, including Brownlee Reservoir (Snake River Zone)

Moderate mercury levels

- Children under 6 should eat no more than one 4-ounce meal every month.
- Women of childbearing age should eat no more than one 8-ounce meal every two weeks.
- Healthy adults should eat no more than one 8-ounce meal every week.
- Sport-fishing & methylmercury.

Willamette River and Coast Fork Willamette to Cottage Grove Reservoir

High mercury levels & PCB levels

- Children under 6 should eat no more than one 4-ounce meal every two months.
- Women of childbearing age should eat no more than one 8-ounce meal every month.
- Healthy adults should eat no more than one 8-ounce meal every two weeks.
- Sport-fishing & methylmercury.

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